Patient Handout: Coping During COVID-19

Please Note: Many outpatient clinics in the hospital, including the Michael DeGroote Pain Clinic, have been temporarily closed due to the outbreak of COVID-19. This was a difficult decision made to ensure patient safety, and to help improve the healthcare system's response to COVID-19.

We understand that the suspension of our services during the COVID-19 pandemic can be stressful and frustrating for many patients and families. Below are a list of recommended resources for coping with emotional distress and pain. While we acknowledge that the listed resources are not a replacement for your usual care, we hope these strategies can offer some help while we wait for outpatient services to resume.

CRISIS SERVICES

If you or someone you know is in crisis and requires emergency assistance, visit your local emergency department or call 911. The following are 24/7 regional crisis response services that provide callers with emotional support:

REGION	SERVICES	CONTACT
Hamilton	COAST Hamilton	905-972-8338
Brant	St. Leonard's Mental Health Crisis Line	1-866-811-7188
Haldimand and Norfolk	Crisis Assessment and Support Team (CAST) (adult service)	1-866-487-2278
	REACH (youth service)	1-866-327-3224
Niagara	COAST Niagara	1-866-550-5205
	Distress Centre: St. Catharines, Niagara Falls, and area	905-688-3711
	Distress Centre: Port Colborne, Wainfleet, and area	905-743-1212
	Distress Centre: For Erie and area	905-382-0689
	Distress Centre: Grimsby, West Lincoln	905-563-6674
Halton	COAST Halton	1-877-825-9011
	Distress Centre: Oakville	905-849-4541
	Distress Centre: Burlington	905-681-1488
	Distress Centre: Halton Hills	905-877-1211
Canada	Kids Help Phone https://kidshelpphone.ca/	1-800-668-6868

COPING WITH PAIN AND DISTRESS

	RESOURCES	INFORMATION
Pain Management Books	The Pain Survival Guide – Frits Winter & Dennis Turk Living Beyond Your Pain – Joanne Dahl	These are the pain management books we recommend most often.
Toronto Academic Pain Medicine Institute (TAPMI)	TAPMI Pain U Online https://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/	An excellent free online program covering pain education, goal setting, mood and anxiety management, pacing and physical activity, communication, and lifestyle modifications to cope with pain.
Pain BC	www.painbc.ca 1-844-880-PAIN (pain support line) LivePlanBe (https://www.liveplanbe.ca/) online self-management tool	An excellent pain management resource that includes research updates, articles, videos, webinars, podcasts, patient stories, telephone support, and online pain management tools.
Help Alberta's Pain (Help_AB)	https://www.helpalbertaspain.com/	A patient driven support, education and advocacy group that offers patients and their families support online and over the phone.
Other Chronic Pain Web Resources	Fibromyalgia & Chronic Pain Association www.fmcpaware.org The American Chronic Pain Association www.theacpa.org Arthritis Society www.arthritis.ca	Webinars & workshops on managing pain, overcoming fatigue, staying active, arthritis & work, daily living, mental health & well-being, and online pain management tools.
Relaxation Skills	Breathe2Relax Insight Timer TakeABreak Headspace	Free apps that teach brief guided deep breathing and / or meditation exercises.
Pain Management Apps	• Manage My Pain • Catch My Pain • Chronic Pain Coach • WebMD Pain Coach	Free pain apps that allow you to track pain symptoms, pain triggers, mood, activity levels, treatments etc.
Communication Tools	American Chronic Pain Association • theacpa.org/Communication-Tools • www.back.com / tools-resources • www.nia.nih.gov/health	These websites all provide helpful information and interactive tools to help you talk to your doctors about your chronic pain condition.

COPING WITH MENTAL HEALTH

	RESOURCES	INFORMATION
Books About Depression, Anxiety, and Stress	Mind over Mood – Dennis Greenberg and Christine Padesky The Happiness Trap – Russ Harris	CBT strategies for managing depression, anxiety, guilt and anger. Discusses ways to 'unhook' from painful thoughts and feelings and take behavioural steps toward a life you value.
Other Mental Health Web Resources	Here To Help http://www.heretohelp.bc.ca	Resource on CBT for anxiety and depression. Offered in many languages.
	Break Free https://www.breakingfreeonline.ca/	Online treatment and recovery program (augmented by a companion app) that increases people's wellness and helps them address substance use disorders.
	Dr. Korol, Clinical Psychologist Vancouveranxiety.com	Sessions on "Coping with Anxiety" and "Meditation for Busy Minds".
CMHA BounceBack Ontario	Bouncebackontario.ca 1-866-345-0224	A free guided self-help program for managing anxiety and depression. The program includes workbooks and telephone coaching sessions.
Online Therapy Unit	https://www.onlinetherapyuser.ca	Free evidence-based strategies for coping with mental health and chronic health conditions.
Community Mental Health Services	Canadian Mental Health Association	https://cmha.ca/